

## Assignment 2

### Diet Therapy; Prescriptions; Preventive Medicine; and Medical Aspects of Chemical, Biological and Radiological Defense

Textbook Assignment: Pages 3-1 through 6-4

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LEARNING OBJECTIVE: Identify the criteria for effective diet therapy and types of diets.

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- | <p>2-1. The main structural unit of all living cells is</p> <ol style="list-style-type: none"><li>1. fat</li><li>2. water</li><li>3. carbohydrate</li><li>4. protein</li></ol> <p>2-2. When pregnant, a woman will require _____ g of protein per kg of body weight.</p> <ol style="list-style-type: none"><li>1. 1.0</li><li>2. 1.2</li><li>3. 1.4</li><li>4. 1.6</li></ol> <p>2-3. Foods rich in protein include</p> <ol style="list-style-type: none"><li>1. yogurt, peanut butter, and legumes</li><li>2. rice, pastries, and potatoes</li><li>3. spaghetti, rice and pastries</li><li>4. tomatoes, fruits, and beans</li></ol> <p>2-4. What nutritional substances contain the greatest concentration of calories?</p> <ol style="list-style-type: none"><li>1. Proteins</li><li>2. Fats</li><li>3. Carbohydrates</li><li>4. Minerals</li></ol> <p>2-5. The most efficient source of energy in the diet is</p> <ol style="list-style-type: none"><li>1. protein</li><li>2. fat</li><li>3. water</li><li>4. carbohydrate</li></ol> <p>2-6. Which organ in the body stores carbohydrates as glycogen?</p> <ol style="list-style-type: none"><li>1. Pancreas</li><li>2. Spleen</li><li>3. Gall bladder</li><li>4. Liver</li></ol> | <p>2-7. How many calories does each gram of carbohydrate yield in the process of metabolism?</p> <ol style="list-style-type: none"><li>1. 4</li><li>2. 6</li><li>3. 8</li><li>4. 10</li></ol> <p>2-8. Minerals in the diet are essential for</p> <ol style="list-style-type: none"><li>1. maintaining bones and teeth</li><li>2. oxidizing fats</li><li>3. maintaining body temperature</li><li>4. supplying body energy</li></ol> <hr/> <p>In answering questions 2-9 through 2-13, select from column B the element required for the specific function in the body in column A. Items in column B may be used more than once.</p> <hr/> <table border="0" style="width: 100%;"><thead><tr><th style="text-align: left; width: 50%;"><u>A. Functions</u></th><th style="text-align: left; width: 50%;"><u>B. Element</u></th></tr></thead><tbody><tr><td>2-9. Regulates osmotic pressure, pH balance, and heartbeat</td><td>1. Zinc</td></tr><tr><td>2-10. A constituent of enzymes</td><td>2. Sodium</td></tr><tr><td>2-11. Assists in blood coagulation</td><td>3. Calcium</td></tr><tr><td>2-12. Helps carry oxygen throughout the body</td><td>4. Iron</td></tr><tr><td>2-13. Regulates growth, taste acuity, and appetite</td><td></td></tr></tbody></table> <hr/> <p>2-14. Substances present in food that act as catalysts in many chemical reactions of the body are known as</p> <ol style="list-style-type: none"><li>1. carbohydrates</li><li>2. proteins</li><li>3. minerals</li><li>4. vitamins</li></ol> | <u>A. Functions</u> | <u>B. Element</u> | 2-9. Regulates osmotic pressure, pH balance, and heartbeat | 1. Zinc | 2-10. A constituent of enzymes | 2. Sodium | 2-11. Assists in blood coagulation | 3. Calcium | 2-12. Helps carry oxygen throughout the body | 4. Iron | 2-13. Regulates growth, taste acuity, and appetite |  |
|---|---|---------------------|-------------------|--|---------|--------------------------------|-----------|------------------------------------|------------|--|---------|--|--|
| <u>A. Functions</u>   | <u>B. Element</u>   |                     |                   |  |         |                                |           |                                    |            |  |         |  |  |
| 2-9. Regulates osmotic pressure, pH balance, and heartbeat  | 1. Zinc   |                     |                   |  |         |                                |           |                                    |            |  |         |  |  |
| 2-10. A constituent of enzymes  | 2. Sodium   |                     |                   |  |         |                                |           |                                    |            |  |         |  |  |
| 2-11. Assists in blood coagulation  | 3. Calcium  |                     |                   |  |         |                                |           |                                    |            |  |         |  |  |
| 2-12. Helps carry oxygen throughout the body  | 4. Iron   |                     |                   |  |         |                                |           |                                    |            |  |         |  |  |
| 2-13. Regulates growth, taste acuity, and appetite  |   |                     |                   |  |         |                                |           |                                    |            |  |         |  |  |

- 2-15. The percentage of body weight made up of water is \_\_\_\_\_ percent.
1. 50
  2. 60
  3. 70
  4. 80
- 2-16. All of the following would be included in a soft diet EXCEPT
1. custards
  2. pastas
  3. crackers
  4. nuts
- 2-17. Which, if any, of the following liquid diets may require vitamin and mineral supplements if the recommended amounts of food are not tolerated?
1. Clear
  2. Full
  3. Dental
  4. None of the above
- 2-18. A seriously burned patient should receive at least \_\_\_\_\_ g of protein daily.
1. 185.0
  2. 187.5
  3. 188.5
  4. 189.0

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In answering questions 2-19 through 22, select from column B the diet that is prescribe for the medical condition in column A.

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<u>A. Condition</u>	<u>B. Diets</u>
2-19. Radiation injury	1. High Calorie
2-20. Diverticulitis	2. High Protein
2-21. Tuberculosis	3. Low Calorie
2-22. Hypothyroidism	4. Low Residue

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- 2-23. Patients with renal disease associated with nitrogen retention should be on a \_\_\_\_\_ diet.
1. low protein
  2. low residue
  3. high protein
  4. high residue

- 2-24. A high residue diet is indicated for patients with
1. atonic constipation
  2. spastic colon
  3. irritable bowel syndrome
  4. any one of the above conditions
- 2-25. How many gram(s) of sodium are allowed daily in a moderate low sodium diet?
1. 0.25 to 1.0
  2. 2.0
  3. 2.4 to 4.5
  4. 5.0
- 2-26. The diet used in the treatment of hypoglycemia is
1. bland
  2. low calorie
  3. high calorie
  4. low carbohydrate, high protein

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LEARNING OBJECTIVE: Identify the proper procedures in prescription writing, filling and administration.

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In answering questions 2-27 through 2-31, match each heading of the prescription in column B with the appropriate description in column A. Items in column B may be used more than once.

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<u>A. Descriptions</u>	<u>B. Headings</u>
2-27. Gives the directions for the patient	1. Inscription
2-28. Lists the drug to be used	2. Subscription
2-29. Gives directions to the compounder	3. Signs
2-30. Lists the quantities of the ingredients using the metric system	4. Superscription
2-31. "Rx" means take	

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- 2-32. Members of which of the following subspecialties of the Medical Service Corps are authorized to write prescriptions?
1. Pharmacy
  2. Physical Therapy
  3. Podiatry
  4. Occupational Therapy

- 2-33. Upon filling a prescription, read the label on the container
1. when the container is taken from the shelf
  2. before the contents are removed from the container
  3. before the container is returned to the shelf
  4. on all the above occasions

- 2-34. How are prescriptions for schedule II and III drugs numbered and filed?
1. Numbered consecutively, preceded by the letter "N," and filed in the general files
  2. Numbered consecutively, preceded by the letter "N," and filed separately
  3. Numbered in the same manner as the general files but filed separately
  4. Numbered consecutively and filed together

- 2-35. Prescriptions must be kept on file for at least \_\_\_\_\_ years after the date of issue.
1. 2
  2. 3
  3. 4
  4. 5

- 2-36. When you fill out a DD Form 771, Eyewear Prescription, which area(s) is/are considered critical?
1. Patient information
  2. Prescription information
  3. Miscellaneous information
  4. All of the above

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LEARNING OBJECTIVE: Identify the factors that affect the habitable environment of naval personnel.

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- 2-37. The major objective(s) of heating, ventilation, and air conditioning is/are
1. maintain physical fitness
  2. maintain mental alertness
  3. maintain fighting ability
  4. all of the above

- 2-38. Environmental physiologists use the term "strain" to designate the force or load acting upon the biological system.

1. True
2. False

- 2-39. A heating zone temperature of \_\_\_\_\_ F DBT is required for medical and dental spaces aboard surface vessels.

1. 50°
2. 60°
3. 70°
4. 80°

- 2-40. Which space aboard the ship would require spot cooling?

1. Engineroom
2. Medical
3. Berthing
4. Messing

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LEARNING OBJECTIVE: Identify the facts pertaining to food service and food service inspections.

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- 2-41. Who is ultimately responsible for ensuring that food and beverages served at a command are safe and wholesome?

1. Food service officer
2. Medical officer
3. Commanding officer
4. NAVMEDCOM

- 2-42. The \_\_\_\_\_ officer is accountable for foodborne illness resulting from improper food preparation, serving, or storing.

1. commanding
2. supply
3. food service
4. medical

- 2-43. The medical officer or the Medical Department representative is responsible for routine inspection of all food service facilities at least

1. once weekly
2. twice weekly
3. once monthly
4. twice monthly

- 2-44. What sign(s) would indicate a fresh fish upon inspection?

1. Prominent clear eyes
2. Firm elastic flesh
3. Both 1 and 2
4. Red-bordered eyes

- 2-45. A can with one or both ends bulged but yielding to finger pressure is called a
1. sweller
  2. springer
  3. bulger
  4. flipper

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LEARNING OBJECTIVE: Identify the criteria for storage of foodstuffs.

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- 2-46. Fresh eggs should be stored in a dry, ventilated place at a temperature of \_\_\_\_\_ F.
1. 28°
  2. 32°
  3. 40°
  4. 50°
- 2-47. Overaged semiperishable food must be surveyed.
1. True
  2. False
- 2-48. Fresh fruits and vegetables stored in a tight compartment at 40° F or above may produce an unsafe level of
1. methane gas
  2. ethane gas
  3. carbon dioxide
  4. carbon monoxide
- 2-49. Temperatures must be logged for all bulk cold storage spaces at least
1. every 4 hours
  2. every 8 hour
  3. twice daily
  4. once daily
- 2-50. At what temperature range would a thaw be kept at?
1. 32° to 34° F
  2. 32° to 35° F
  3. 34° to 38° F
  4. 36° to 38° F
- 2-51. Milk and milk products must be delivered at or below \_\_\_\_\_ F.
1. 55°
  2. 50°
  3. 45°
  4. 40°
- 2-52. Ice cream must be stored at or below
1. 0° F
  2. 0° C
  3. 10° F
  4. 10° C
- 2-53. Leftover foods should be placed in a shallow pan not more than \_\_\_\_\_ inches in depth.
1. 2
  2. 3
  3. 4
  4. 5
- 2-54. Leftover foods must not be held longer than
1. 24 hours
  2. 36 hours
  3. 3 days
  4. 1 week
- 2-55. Frozen food should be stored at a constant temperature not above \_\_\_\_\_ F.
1. 0°
  2. 10°
  3. 20°
  4. 32°
- 2-56. Frozen sandwiches intended for use in flight or boat meals must be consumed within \_\_\_\_\_ hours after removal from the freezer.
1. 2
  2. 3
  3. 4
  4. 5

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LEARNING OBJECTIVE: Identify the facts pertaining to the sanitation of food service areas.

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- 2-57. If not sealed to the wall, floor, and adjacent equipment, food service equipment must be installed at least \_\_\_\_\_ inches from the wall ashore and \_\_\_\_\_ inches from the bulkhead aboard ship.
1. 3, 6
  2. 4, 8
  3. 6, 8
  4. 8, 6

- 2-58. A model field dishwashing unit consists of how many GI cans?
1. Three
  2. Four
  3. Five
  4. Six

- 2-59. The temperature in galley spaces aboard ship must be kept below \_\_\_\_\_ F.
1. 80°
  2. 75°
  3. 70°
  4. 65°

- 2-60. Navy and Marine Corps food service facilities will be inspected by a Medical Department representative at least
1. weekly
  2. semimonthly
  3. monthly
  4. quarterly

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LEARNING OBJECTIVE: Identify the facts pertaining to waste disposal.

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- 2-61. Who is ultimately responsible for evaluating wastewater disposal systems ashore and afloat?
1. Individual commanding officer
  2. Chief of Naval Operations
  3. Safety officer
  4. Navy Surgeon General

- 2-62. The overboard discharge by DOD ships of untreated sewage is prohibited by federal law within \_\_\_\_\_ miles of the shores of the United States and its territories.
1. 2
  2. 3
  3. 5
  4. 12

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LEARNING OBJECTIVE: Identify the facts concerning STD workups.

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- 2-63. Which of the following area(s) of information should be explored in detail during an STD interview?
1. Patient's social environment
  2. Medical history of previous sexually transmitted diseases
  3. History of sexual behavior and the people involved
  4. All of the above

- 2-64. Diagnoses and follow-ups of sexually transmitted disease should be entered on SF
1. 502
  2. 600
  3. 601
  4. 603

- 2-65. Civilian contact investigations are usually the responsibility of the
1. USPHS
  2. military STD program manager
  3. local public health department
  4. state public health service

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LEARNING OBJECTIVE: Identify the criteria used in the Tuberculosis Control Program.

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- 2-66. Following the initial testing, TB contacts should be examined at \_\_\_\_\_, and \_\_\_\_\_ month intervals.
1. 3-, 6-
  2. 4-, 6-
  3. 6-, 9-
  4. 6-, 12-

- 2-67. The Annual Report of Tuberculin Retesting must be submitted by
1. 1 January
  2. 1 February
  3. 30 June
  4. 30 September

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LEARNING OBJECTIVE: Identify the quarantinable diseases and regulations in the Navy.

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- 2-68. The four internationally quarantinable diseases are
1. malaria, smallpox, cholera, and yellow fever
  2. typhoid, smallpox, cholera, and yellow fever
  3. plague, smallpox, cholera, and yellow fever
  4. syphilis, smallpox, cholera, and yellow fever
- 2-69. A Certificate of Deratization is valid for \_\_\_\_\_ months from the date of issue.
1. 3
  2. 6
  3. 9
  4. 12

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LEARNING OBJECTIVE: Identify the medical considerations of chemical, biological, and radiological warfare.

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- 2-70. Who is responsible for area decontamination of chemical agents aboard ship?
1. Medical officer
  2. Supply officer
  3. Damage control personnel
  4. All hands
- 2-71. The first priority in the treatment of chemically contaminated casualties is
1. control of massive hemorrhage
  2. decontamination
  3. treatment of life-threatening shock and wounds
  4. removal of contaminated clothing
- 2-72. Who, if anyone, is responsible for maintaining adequate supplies for the decontamination and treatment of CBR casualties?
1. Medical officer
  2. Damage control officer
  3. Supply officer
  4. No one

- 2-73. Biological agents can be detected by
1. physical senses
  2. chemical detectors
  3. laboratory examination
  4. all of the above
- 2-74. When entering an area known to be contaminated with biological agents, the individual should
1. put on gloves, if available
  2. button up clothing
  3. put on a protective mask
  4. do all of the above
- 2-75. When biological agents are known to have been placed in your drinking water, you must
1. double the amount of chlorine in the water
  2. double the time the water is exposed to the chlorine
  3. refrain from drinking the water
  4. boil the water before you drink any of it